

# A WHOLE LOT OF HALIBUT!

Throw a party or stock the freezer with fresh, sustainably harvested whole halibut. We'll even cut and wrap it however you like.

ONE DAY Only

**WHOLE HALIBUT SALE** **\$13<sup>99</sup>** lb  
Saturday, May 4, from 9am to 5pm. **SAVE \$8lb**

## Really BIG DEALS

COUNTRY NATURAL BEEF  
**80% LEAN 20% FAT GROUND BEEF**

Humanely range-raised local beef with no added hormones and no antibiotics ever.

PNW LOCAL

**\$5<sup>99</sup>** lb

SAVE \$2lb



**ORGANIC FUJI APPLES**

Crisp and juicy with a sweet, honey-like flavor. Grown in OR and WA.

PNW LOCAL

**\$1<sup>99</sup>** lb

SAVE \$1lb



**50% off**

**GLUTEN-FREE PRODUCTS**

Exclusions apply. Look for signs on specially marked items. Limited to stock on hand. No additional case discounts.

SCREAMIN SICILIAN PIZZA  
**PREMIUM FROZEN CRAFT PIZZA**

Assorted Varieties  
20.8-23.5oz

**\$7<sup>99</sup>** ea

SAVE \$4ea



**20% off**

LOCAL SALSAS LOCAS  
**TAMALES**

Chicken, Pork and New Seasons Exclusive Chile and Cheese. Available in the deli case, hot bar, and Grab & Go. While supplies last.

# EVERYDAY VALUE

Check this spot each week for everyday favorites at great prices you can count on.

## BEELER'S PURE PORK BONELESS CENTER-CUT PORK CHOPS

Humanely raised with no antibiotics ever.



**\$4.99**  
lb

EVERYDAY VALUE

## ORGANIC BAGGED AVOCADOS

Rich, creamy, and perfect for a fresh batch of guacamole! From Calavo Growers in Santa Paula, CA.  
6ct



**\$4.99**  
ea

EVERYDAY VALUE

## NEW SEASONS NORTHWEST BLEND APPLE JUICE

A proprietary blend of NW-grown apples produced by Hood River Juice Co. in Hood River, OR.  
1gal



**\$6.99**  
ea

EVERYDAY VALUE

## NATURAL VITALITY CALM RASPBERRY-LEMON

A highly absorbable form of magnesium to help support sleep and relaxation.  
8oz



**\$19.99**  
ea

EVERYDAY VALUE

## ORGANIC ATAULFO MANGOS

Buttery smooth with a honey-sweet flavor. From Crespo Organics in Mexico.



**2 for \$4**

SAVE 50¢ea

## ORGANIC JUMBO AVOCADOS

A delicious addition to salads, nachos, or avocado toast. From Calavo Growers in Santa Paula, CA.



**2 for \$5**

SAVE 49¢ea

## MARY'S HEIRLOOM BONELESS SKINLESS CHICKEN BREAST

Humane Certified and always air-chilled with no antibiotics ever.



**\$9.99**  
lb

SAVE \$1lb

## NEW SEASONS CUBAN PORK SAUSAGE LINKS

Delicious grill-ready links with no added fillers or hormones, and no antibiotics ever.



**\$1.59**  
ea

SAVE \$1ea

## NEW SEASONS HOUSE-MADE BURGERS

House-made burger patties prepped and ready for a quick and easy meal. Flavors may vary by location.



**\$3.50**  
ea

SAVE 50¢ea

## MEAT & SEAFOOD

## WHOLE HALIBUT SALE!

**\$13.99**  
lb

SAVE \$8lb

Saturday, May 4,  
from 9am to 5pm.

## ROCKFISH FILLET

PNW LOCAL

Sustainably wild-caught off of OR and WA coasts. Great pan-seared with a lemon-butter sauce!



**\$6.99**  
lb

SAVE \$3lb

## FRESH HALIBUT FILLET

Fresh, sustainably wild-caught halibut for all your favorite spring recipes.



**\$25.99**  
lb

SAVE \$6lb

## PRODUCE

## ORGANIC ATAULFO MANGOS

Buttery smooth with a honey-sweet flavor. From Crespo Organics in Mexico.



**2 for \$4**

SAVE 50¢ea

## ORGANIC JUMBO AVOCADOS

A delicious addition to salads, nachos, or avocado toast. From Calavo Growers in Santa Paula, CA.



**2 for \$5**

SAVE 49¢ea

## ORGANICGIRL SELECT SALAD BLENDS

Great for a quick and easy lunch or dinner. From organicgirl in Salinas, CA.  
4-7oz



**\$3.99**  
ea

SAVE \$1ea

## DON'T MISS THIS DEAL!

Neighbor Rewards members get an exclusive deal on beer, wine, and non-alcoholic beverages just for signing up for email or text.

Join or sign up by Thursday to get this special offer on Friday at [newseasonsmarket.com/rewards](http://newseasonsmarket.com/rewards)



## BAKERY & CHEESE

**HONEY MAMA'S COCOA TRUFFLE BAR**  
 Locally made with responsibly sourced, whole-food ingredients, free from soy, eggs, dairy, and grains.  
 2.5oz

PNW LOCAL

**\$5<sup>99</sup>**  
 ea  
**SAVE \$1ea**



**DON FROYLAN CREAMERY QUESO FRESCO**  
 A fresh, award-winning cheese from a family-owned creamery. Delicious on tacos!  
 12oz

PNW LOCAL

**\$7<sup>99</sup>**  
 ea  
**SAVE \$1ea**



## PREPARED FOODS

**AZEH'S KITCHEN SPICY QUINOA AND CORN SALAD**  
 Featuring white quinoa, corn, black beans, arugula, and bell pepper in a tangy, spicy dressing.

PNW LOCAL

**\$10<sup>99</sup>**  
 lb  
**SAVE \$1lb**



Really **BIG DEAL**

**20% off**

LOCAL SALSAS LOCAS  
**TAMALES**

Chicken, Pork and New Seasons Exclusive Chile and Cheese. Available in the deli case, hot bar, and grab & go. While supplies last.

**CHUCKANUT BAY FOODS CRÈME BRÛLÉE CHEESECAKE**  
 Pure decadence made with a blend of mascarpone and cream cheese, then lightly torched on top for that classic crème brûlée flavor.  
 5in

PNW LOCAL

**\$14<sup>99</sup>**  
 ea  
**SAVE \$1ea**



**RUMIANO PEPPER JACK**  
 Add a little kick of heat to sandwiches, mac & cheese, or nachos with this full-flavored cheese.

**\$6<sup>99</sup>**  
 lb  
**SAVE \$1lb**



**COLUMBUS CRAFT MEATS PORK LOIN**  
 Slow-roasted pork loin marinated in garlic and rosemary. Perfect sliced thinly and piled high on a sandwich.

**\$12<sup>99</sup>**  
 lb  
**SAVE \$2lb**



**ORIGAMI CATERING SHRIMP SALAD ROLL**  
 Shrimp, tofu, and rice noodles wrapped in lettuce with a side of peanut sauce.

PNW LOCAL

**\$8<sup>99</sup>**  
 ea  
**SAVE \$1ea**



## BEER, WINE & FLORAL

**PRE-SHOP OUR ANNUAL SPRING WINE SALE**

**25% off 12 BOTTLES OR MORE**

Ask one of our wine stewards about pre-ordering your wine now through May 14, for pick-up during our sale, May 15 - 21.  
Additional discount available during sale period only. No additional discounts. Selection may vary by location. Offer available in-store only.

**BEST DAY BREWING NON-ALCOHOLIC ELECTRO-LIME CERVEZA**  
 A crisp, Mexican-style lager made with fresh lime purée, sea salt, and Motueka hops.  
 6pk/12oz

**\$10<sup>99</sup>**  
 6pk  
**SAVE \$3ea**



**LA FAMILIA CIDER HARD CIDER**  
 Locally made cider inspired by traditional Mexican aguas fresca, with flavors that combine Oregon's craft cider movement with Mexico's passion for fresh-fruit drinks.  
 19.2oz

PNW LOCAL

**2 for \$9**  
**SAVE 99¢ea**



**CERVECERIA NORTE GALLO MEXICAN-STYLE LAGER**  
 A refreshingly light, crisp, and clean brew made locally in the traditional Mexican-lager style.  
 6pk/12oz

PNW LOCAL

**\$11<sup>99</sup>**  
 6pk  
**SAVE \$2ea**



**MODELO ESPECIAL MEXICAN LAGER**  
 An exceptionally crisp, refreshing, and full-flavored Pilsner-style lager with a well-balanced, light hop character.  
 6pk/12oz

**\$11<sup>99</sup>**  
 6pk  
**SAVE \$2ea**



**MIXED-SUN HANGING BASKET**

A beautiful assortment of outdoor hanging baskets made just for us by Bauman's Farm in Gervais, OR.

**\$37<sup>99</sup>**  
 ea  
**SAVE \$2ea**

**MOTHER'S DAY FLOWERS!**

It's time to pre-order those Mother's Day arrangements. Call or stop by your neighborhood New Seasons to place your order.



## WELLNESS

### ORGANIC INDIA TURMERIC FORMULA

Formulated with USDA Certified Organic turmeric extract to support a healthy inflammation response.  
90vc

**\$21<sup>99</sup>**  
ea

SAVE \$10ea



### BOIRON ARNICARE TABLETS

Used to help soothe sore muscles and may help reduce bruising.  
60tab

**\$10<sup>99</sup>**  
ea

SAVE \$3ea



### NATURE'S WAY ALIVE! CALCIUM & VITAMIN D3 GUMMIES

A delicious way to help support bone health.  
60ct

**\$12<sup>99</sup>**  
ea

SAVE \$3ea



### NOW FOODS ZINC 50MG TABLETS

A highly absorbable form of zinc to support a healthy immune response.  
100tab

**\$5<sup>49</sup>**  
ea

SAVE \$2.50ea



### FLORA SUPER 8 HI-POTENCY PROBIOTIC

Includes eight strains of active cultures for overall digestive health.  
30cap

**\$18<sup>99</sup>**  
ea

SAVE \$7ea

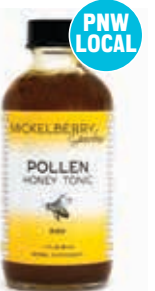


### MICKELBERRY GARDENS POLLEN HONEY TONIC

A delicious honey-based formula designed to support seasonal respiratory health.  
4oz

**\$10<sup>99</sup>**  
ea

SAVE \$4ea



### MOON VALLEY ORGANICS FOAMING SOAPS

Soothing herbal hand soaps made with calendula and comfrey to gently cleanse and moisturize.  
8.8oz

**\$5<sup>99</sup>**  
ea

SAVE \$2ea



### ALAFFIA EVERYDAY SHEA BODY WASH

Handcrafted with neem extract, fair-trade unrefined raw shea butter, and virgin coconut oil. Save on select scents.  
32oz

**\$10<sup>99</sup>**  
ea

SAVE \$5ea



PNW LOCAL

### BASS BRUSHES HAIR BRUSHES

High-quality brushes made with natural, innovative materials. Save on select styles.

**25% off**



### DR. BRONNER'S ALL-ONE TOOTHPASTES

Made with organic and fair trade ingredients. Save on various flavors.  
5oz

**\$5<sup>49</sup>**  
ea

SAVE \$2ea



## GROCERY

### VAN LEEUWEN ARTISAN ICE CREAM

Selected Varieties

**30% off**

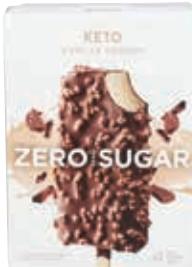


### KETO PINT ICE CREAM BARS

Assorted Varieties  
4ct

**\$6<sup>99</sup>**  
ea

SAVE \$1ea



PNW LOCAL

### SAMBAZON FROZEN AÇAÍ SUPERFRUIT PACKS

Selected Varieties

**20% off**



### TRU FRU CHOCOLATE COVERED FROZEN SNACKS

Selected Varieties

**20% off**



### TUCSON FOODS FROZEN TAMALES

Assorted Varieties

**20% off**



### VISTA HERMOSA FROZEN BURRITOS

Assorted Varieties  
8oz

**\$4<sup>99</sup>**  
ea

SAVE \$2ea



### NEW COAST FORAGING CO. FROZEN EMPANADAS

Assorted Varieties  
11.2oz

**\$6<sup>99</sup>**  
ea

SAVE \$1ea



### PURPLE CARROT PLANT-BASED FROZEN MEALS

Assorted Varieties  
10.75oz

**\$4<sup>99</sup>**  
ea

SAVE \$2ea



# GROCERY

**DAVE'S KILLER BREAD**  
**ORGANIC BREAD**  
**OR ENGLISH**  
**MUFFINS**  
 Selected Varieties  
 13.2-27oz

**PNW LOCAL**



**\$4<sup>99</sup>**  
ea

**SAVE \$2ea**

**MARANATHA**  
**ALMOND BUTTER**  
 Assorted Varieties  
 12oz



**\$10<sup>99</sup>**  
ea

**SAVE \$3ea**

**VOYAGE**  
**ROASTED SEED**  
**SPREAD**  
 Assorted Varieties  
 13-16oz



**\$4<sup>49</sup>**  
ea

**SAVE \$1.50ea**

**PUFF COFFEE**  
**SMALL BATCH**  
**COFFEE**  
 Assorted Varieties  
 12oz

**PNW LOCAL**



**\$16<sup>99</sup>**  
ea

**SAVE \$2ea**

**MISSION FOODS**  
**STREET TACOS**  
 Selected Varieties  
 10-24ct



**2 for \$3**

**SAVE \$1.49ea**

**A DOZEN COUSINS**  
**SEASONED BEANS**  
 Assorted Varieties  
 10oz



**\$3<sup>49</sup>**  
ea

**SAVE \$1ea**

**HATCH**  
**MILD GREEN CHILES**  
 Diced or Chopped.  
 4oz



**20% off**

**EDEN FOODS**  
**ORGANIC BEANS**  
 Assorted Varieties  
 15oz



**\$2<sup>99</sup>**  
ea

**SAVE \$1ea**

**VIGO**  
**RICE**  
 Selected Varieties



**20% off**

**TRUFF**  
**TRUFFLE**  
**INFUSED**  
**HOT SAUCE**  
 Selected Varieties  
 6oz



**\$14<sup>99</sup>**  
ea

**SAVE \$2ea**

**KIKKOMAN**  
**HOISIN OR**  
**SOY SAUCE**  
 Selected Varieties



**20% off**

**PETER RABBIT ORGANICS**  
**FRUIT & VEGGIE POUCH**  
 Selected Varieties  
 4-4.4oz



**2 for \$4**

**SAVE 99¢ea**

**RAO'S HOMEMADE**  
**SLOW**  
**SIMMERED**  
**SOUP**  
 Assorted Varieties  
 16oz



**\$4<sup>99</sup>**  
ea

**SAVE \$2.50ea**

**TAKE ROOT ORGANICS**  
**TOMATOES**  
 Assorted Varieties  
 28oz



**2 for \$7**

**SAVE \$1.49ea**

**GRAZA**  
**SIZZLE**  
**EXTRA VIRGIN**  
**OLIVE OIL**  
 25.3oz



**\$15<sup>99</sup>**  
ea

**SAVE \$3ea**

**BRIANNAS**  
**DRESSING**  
 Assorted Varieties  
 12oz



**\$3<sup>99</sup>**  
ea

**SAVE \$2ea**

# BULK

**GRAIN MILLERS**  
**ORGANIC**  
**REGULAR**  
**ROLLED OATS**

**PNW LOCAL**



**\$1<sup>99</sup>**  
lb

**SAVE \$1lb**

**HUMMINGBIRD WHOLESALE**  
**ORGANIC**  
**BLACK BEANS**

**PNW LOCAL**



**\$2<sup>99</sup>**  
lb

**EVERYDAY VALUE**

**ORGANIC**  
**THOMPSON RAISINS**



**\$4<sup>99</sup>**  
lb

**SAVE \$1lb**

**HUMMINGBIRD WHOLESALE**  
**ORGANIC QUINOA**  
 Selected Varieties

**PNW LOCAL**



**\$5<sup>99</sup>**  
lb

**EVERYDAY VALUE**

# GROCERY

**SAN PELLEGRINO  
SPARKLING  
NATURAL  
MINERAL  
WATER**  
25.3oz



**2 for \$5**  
SAVE 79¢ea

**C2O  
PURE  
COCONUT  
WATER**  
1L



**\$3.99**  
ea  
SAVE 80¢ea

**CULTURE POP  
PROBIOTIC SODA**  
Assorted Varieties  
12oz



**2 for \$4**  
SAVE 49¢ea

**Q MIXERS  
PREMIUM  
COCKTAIL  
MIXER**  
Selected Varieties  
25.4oz



**\$4.99**  
ea  
SAVE \$2ea

**HIYO  
NON-ALCOHOLIC  
SOCIAL TONIC**  
Assorted Varieties  
4pk/12oz



**\$12.99**  
ea  
SAVE \$2ea

**ABLIS  
CBD  
SPARKING  
BEVERAGE**  
Assorted Varieties  
12oz



**\$3.99**  
ea  
SAVE \$1ea

Only available  
in OR stores.

**UNCLE MATT'S ORGANIC  
NO SUGAR ADDED  
JUICE BOXES**  
Assorted Varieties  
8pk/6.75oz



**\$4.99**  
ea  
SAVE UP TO \$2ea

**CAFFE UMBRIA  
WHOLE BEAN  
COFFEE**  
Assorted Varieties  
12oz



**\$12.99**  
ea  
SAVE \$2ea

**MAUNA LOA  
MACADAMIAS**  
Selected Varieties  
4oz



**\$7.99**  
ea  
SAVE \$1ea

**TIA LUPITA  
SALSA VERDE  
OR HOT  
SAUCE**  
Assorted Varieties  
8oz



**\$5.99**  
ea  
SAVE \$3ea

**TIM'S OR HAWAIIAN BRAND  
POTATO CHIPS**  
Selected Varieties  
7.5-8oz



**\$3.99**  
ea  
SAVE \$2ea

PNW  
LOCAL

**WHISPS  
CHEESE &  
PRETZEL  
BITES**  
Assorted Varieties  
2.5oz



**\$3.99**  
ea  
SAVE \$1ea

**LUNA OR CLIF BAR  
NUTRITION OR  
ENERGY BARS**  
Selected  
Varieties



**20%**  
off

**LOCKER  
QUADRATINI WAFER  
COOKIES**  
Assorted Varieties  
8.82oz



**\$5.99**  
ea  
SAVE \$2ea

**KIND  
ZERO BARS**  
Assorted Varieties  
5ct



**\$9.99**  
ea  
SAVE \$4ea

**TERRA  
VEGETABLE CHIPS**  
Selected Varieties  
5-5.5oz



**\$3.99**  
ea  
SAVE UP TO \$3ea

**CHOCOLOVE  
CHOCOLATE BITES**  
Assorted Varieties  
3.5oz



**\$3.99**  
ea  
SAVE \$2ea

**BEYOND GOOD  
CHOCOLATE  
BAR**  
Selected Varieties  
2.64oz



**2 for \$6**  
SAVE \$1.69ea

**YUM EARTH  
ORGANIC  
FRUIT SNACKS**  
Selected Varieties  
5ct



**\$5.99**  
ea  
SAVE \$2ea

**CHOCOLOVE  
NUT BUTTER  
CUPS**  
Assorted Varieties  
1.2oz



**3 for \$5**  
SAVE 62¢ea

# GROCERY

Really **BIG DEAL**

**50%**  
off

**GLUTEN-FREE  
PRODUCTS**

Over 300 participating items!

Exclusions apply. Look for signs on specially marked items.  
Limited to stock on hand. No additional case discounts.

**NOOSA  
YOGHURT**  
Assorted Varieties  
4.5oz



**4 for \$5**  
SAVE 74¢ea

**PLANET OAT  
OATMILK**  
Assorted Varieties  
52oz



**\$3.49**  
ea  
SAVE 50¢ea

**PLANET OAT  
OATMILK  
CREAMER**  
Selected Varieties  
1qt



**\$3.99**  
ea  
SAVE \$2ea

**TILLAMOOK  
GREEK YOGURT**  
Assorted Varieties  
5.3oz

PNW  
LOCAL



**4 for \$5**  
SAVE 54¢ea

**LACTAID  
LACTOSE-FREE  
MILK**  
Selected Varieties  
1/2gal



**\$4.49**  
ea  
SAVE \$1ea

**FLORIDA'S NATURAL  
JUICE**  
Assorted Varieties  
52oz



**\$3.99**  
ea  
SAVE \$1ea

**BROWN COW  
WHOLE MILK YOGURT**  
Assorted Varieties  
32oz



**\$4.49**  
ea  
SAVE \$1ea

**THE COCONUT CULT  
PROBIOTIC  
COCONUT YOGURT**  
Selected Varieties  
8oz



**\$8.99**  
ea  
SAVE \$2ea

**DEL REAL FOODS  
PREPARED MEALS  
AND SIDES**  
Selected Varieties  
15-25.4oz



**\$9.99**  
ea  
SAVE UP TO \$6ea

**DAISY BRAND  
SQUEEZE  
SOUR CREAM**  
Regular or Light.  
14oz



**2 for \$5**  
SAVE \$1.49ea

**DE CASA FINE FOODS  
ORGANIC SALSA  
OR DIP**  
Selected Varieties  
14-14.5oz

PNW  
LOCAL



**2 for \$6**  
SAVE \$1.99ea

**HOUSE FOODS  
TOFU**  
Selected Varieties  
14-16oz



**\$2.49**  
ea  
SAVE \$1ea

**RISE & PUFF  
GOURMET  
TORTILLAS**  
Original or  
Everything.  
8ct



**20%**  
off

**TILLAMOOK  
SHREDDED  
CHEESE**  
Selected Varieties  
8oz

PNW  
LOCAL



**3 for \$10**  
SAVE \$1.66ea

**GOOD FOODS  
SALSA OR GUACAMOLE**  
Assorted Varieties  
7-12oz



**\$3.99**  
ea  
SAVE UP TO \$2ea

**NOSSA FAMILIA COFFEE  
ICED COFFEE**  
12oz

PNW  
LOCAL



**2 for \$6**  
SAVE 99¢ea

**HAPPY MOUNTAIN  
KOMBUCHA**  
Assorted Varieties  
12oz

PNW  
LOCAL



**2 for \$5**  
SAVE UP TO \$1.99ea

**SAVE TIME,  
ORDER ONLINE!**

Get \$15 off your next order of \$75+ when you shop online for pickup or delivery.

To redeem your \$15, enter promo code **MAY15OFF** only at [shop.newseasonsmarket.com](http://shop.newseasonsmarket.com)

Powered by **instacart**

Weekend Tasting

We'll be sampling an array of gluten-free deliciousness during our 50% off sale!  
Friday, Saturday & Sunday • 12pm - 6pm